Hands On®
The Newsletter of the American Massage Therapy Association
July/August 2004

COMTA Names New Executive Director

The Commission on Massage Therapy Accreditation (COMTA) has appointed Ellen Bateman, Ed.D., as its new executive director.

Ellen Bateman is the new COMTA executive director.

Bateman took the reigns on June 1 from Carole Ostendorf, Ph.D., who is retiring. Bateman, a Philadelphia native, has significant experience in post-secondary education, with a commitment to student achievement. Her background as a teacher, administrator and researcher will serve her well, as she will be responsible for the administrative leadership of COMTA, which also just received renewal of recognition from the U.S. Department of Education for a period of five years, the longest term available.

> "My goal will be to advance the values of COMTA as a dynamic organization that promotes a holistic and transformational view of massage therapy education."
>
> — *Ellen Bateman*
> *COMTA Executive Director*

Bateman says she is looking forward to the challenges ahead. "My goal as executive director will be to advance the values of COMTA as a dynamic organization that promotes a holistic and transformational view of massage therapy education," she says.

"Within this broad goal, I will work to build upon the work already done to clarify the identity and role of COMTA as it looks to the future; facilitate COMTA's moves toward financial independence; promote the advancement of COMTA as the premiere accrediting body in massage therapy education; and advocate and educate on COMTA's behalf among legislative and regulatory bodies," Bateman adds.

AMTA Test Position Statements To Proceed Later This Year

The basic policy for AMTA to develop and release position statements was announced at the 2003 House of Delegates (HOD) meeting. The AMTA National Board of Directors has now approved policy and procedures for such statements, which will begin with test position statements this year.

The board chose a test position statement process in 2004 to ensure that volunteer and staff resources are in place; that the process has been clearly communicated to members, chapters and delegates; that there is enough time to implement the process correctly; and that any rush will not result in a substandard position statement.

According to the new policy, proposed AMTA position statements will now be considered and voted on at the annual HOD meeting. Each year, the process will require research to ensure that proposals are in accordance with existing AMTA policy, are supported by facts and do not result in any illegal statements.

This test process will bring at least one test position statement to the HOD this fall. The 2004 test will be a condensed version of the process. Since this will be a test, the position statements voted on at the 2004 HOD will *not* become official AMTA position statements. Any test position statements that pass in the 2004 HOD will return to the 2005 agenda for a consent vote. Around July 1, delegates and members will find information in support of the proposed positions on the AMTA Web site, to help delegates determine how to vote at the fall HOD meeting.

What Is An AMTA Position Statement?

A position statement is AMTA's position on professional or public policy issues that

continued on page 4

Basics Of The Position Statements Process

Each year, any person can discuss with an AMTA Professional Active Member an idea for a position statement. The Professional Member will decide whether or not to submit a proposal on the idea.

The Professional Member will submit to a delegate a proposal for a Position Statement on a proposal form and the delegate must submit the completed form (with supporting information) no later than February 1, to the Position Statement Work Group Chair of the House of Delegates Operations Committee (HODOC).

The Work Group and AMTA staff will research the proposal before it can be submitted to the HODOC for consideration by the HOD. If wording needs to be changed because of legal or policy reasons, the proposal will be returned to the delegate, who will have an opportunity to amend it and resubmit it.

How do I submit a proposal?

Guidelines for how to write a position statement and the form for submitting a proposal are now on the AMTA Web site at: www.amtamassage.org/member/position1.html.

Hands On
The Newsletter of the American Massage Therapy Association

July/August 2004

EDITOR: Michael Schwanz
MANAGING EDITOR: Valerie A. Danner
DESIGN & PRODUCTION:
Sara Fridley and Kerri Pienschke
CONTRIBUTORS: Laurel J. Freeman

Hands On (ISSN 1073-9343), Vol. XV, No. 4. *Hands On* is a bimonthly periodical of the American Massage Therapy Association® (AMTA®), 820 Davis St., Suite 100, Evanston, IL 60201-4464, 847-864-0123, Fax 847-864-1178. Annual AMTA membership dues include $12 for a one-year subscription. Mail at Periodicals Postage Paid at Evanston, IL, and at additional mailing offices. Postmaster: Send address changes to *Hands On*, c/o AMTA, 820 Davis St., Suite 100, Evanston, IL 60201-4464.

The American Massage Therapy Association reserves the right to edit material where appropriate; accept or reject material; reject copyrighted material unless consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in publications.

Information contained in *Hands On* does not necessarily reflect the opinions or beliefs of AMTA and/or the staff of *Hands On.* AMTA, founded in 1943, is the oldest and largest nonprofit, national, professional organization serving massage therapists in the United States, Canada and 27 other countries.

Membership in AMTA is open to all qualified individuals regardless of race, creed, national origin, gender, age, marital status, religion, sexual orientation or physical handicap.

© 2004 American Massage Therapy Association

Board of Directors

President
Laurel J. Freeman*

President-Elect
Mary Beth Braun*

Immediate Past President
Brenda L. Griffith*

Vice Presidents
M.K. Brennan*
Leena Guptha*
Kathleen A. Miller-Read*

Members-at-Large
Terry Hirth Caldwell
William J. Greenberg
Kathie Lea
William Ron McKnight
Glenath Moyle
Charna Rosenholtz
Diane M. Sater
George Schwind

Executive Director
Elizabeth M. Lucas, CAE

* Executive Committee member

President's Letter

Practicing Life Philosophies

In keeping with my last *Hands On* column that dealt with positive thinking and using empowering words, I decided to share some of my life philosophies that I teach and practice on a daily basis. I call it "being mindful."

I practice "mindfulness" because the more I practice, the better I become. Each of us develops our own philosophies, whether we do it consciously or unconsciously. When living "unconsciously," there may be missed opportunities.

For example, knowing and understanding our own philosophies to practice living on a daily basis may become important to one's health, well-being and success. When a person is clear on his or her own life philosophies, achieving a successful massage practice is enhanced.

Here are several philosophies I practice:

- Love is all there is.
- Say positive words and keep positive thoughts while doing everything.
- There are no mistakes, only forks in the road. Each path allows me to learn another lesson for the next path I choose.
- Life is choice.
- Honor the past, respect the future and practice the present. The past is who I have become; the future is who I will be. To practice the present allows me to be the best at that moment, which in a second will become my past. By practicing the present and staying in the "now," I have a choice to change my future.
- As a massage therapist, I learn more about myself.
- The "job" of the therapist is to share the opportunity with clients that there is a choice.
- The "job" of clients is to have the opportunity to participate in the healing process at whatever level they choose.
- Let love flow through my hands at all times.
- I believe massage creates space for healing.
- I believe in nurturing my client and myself.
- Clients come to the person, not to the massage.
- Love is all there is.

You are welcome to use and share my philosophies. Developing and practicing your own "mindful" philosophies will be a bonus to you and your clients. You will be glad you did!

Love and Light,

Laurel J. Freeman

Laurel J. Freeman
AMTA President

AMTA To Support Members At Athens Olympics

The AMTA Board of Directors has voted to help support AMTA members who provide massage at the Athens Olympic Games and Paralympic Games this August. The Athens Health Services Sports Massage Team 2004 (AHSSMT), formed to coordinate sports massage at the summer games, asked AMTA if it would help provide financial support for AMTA members who volunteer there.

Photos of Athens on this page courtesy of Kevin T. Glowacki and Nancy L. Klein of the Department of Classical Studies at Indiana University, Bloomington.

The board members agreed this was a good idea and decided to pay an honorarium to all members who work the games through AHSSMT.

AHSSMT provided a list of members who have been approved. AMTA will pay members up to $500, after they complete their services in Athens. This will be a simple honorarium paid equally to all members who work the games through AHSSMT.

AMTA will help support members who provide massage at the 2004 Athens Olympics and Paralympics this summer.

"On behalf of the board, I would like to congratulate the five principle organizers of AHSSMT: George Kousaleos (FL), Roger Olbrot (UT), Anna-Maria Gammal (MA), Bryan Buckley (MA) and Stanley Mavridis for their successful initiative in organizing massage therapists from the United States to work at the games," says AMTA President Laurel J. Freeman. "Congratulations to the AMTA members chosen to participate!"

AMTA Leaders Offer Input At Federation Conference

Members of the Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations met at the Rolf Institute at the end of April in Boulder, Colorado. Representatives from the AMTA, American Society for the Alexander Technique, American Organization for Bodywork Therapies of Asia®, American Polarity Therapy Association, Feldenkrais Guild®, International Somatic Movement Education and Therapy Association®, the Rolf Institute®, and the US Trager® Association, attended the meeting.

The group discussed ways the participating organizations can work together on several keys issues of mutual interest.

Attendees included, from l-r: G. Thomas Manzione (Rolf); Martha Eddy (ISMETA); Michael Wm. Murphy (Rolf); Tessy Brungardt (Rolf); Phil Young (APTA); Yolanda Asher (AOBTA); Ellie Julian (APTA); Michael Purcell (Feldenkrais); Kate Judd (AmSAT); Debra Howard (AOBTA); Henry Bornstein (Trager); Elinor Silverstein (Feldenkrais); Mary Beth Braun (AMTA); Elizabeth Lucas (AMTA); and Laurel J. Freeman (AMTA).

Arizona, Illinois, Extend Start Dates for Issuing Licenses

In April, Arizona Gov. Janet Napolitano signed SB 1087, which extended the start date for issuing massage therapy licenses in the state by six months. The process for establishing rules prompted the action. The Arizona State Board of Massage Therapy will begin issuing licenses on January 1, 2005. The bill also extends the deadline for provisional licenses to July 1, 2005. More updates are available through the board's Web site, www.massage.state.az.us, or by calling 602-542-8604.

Like Arizona, Illinois has also extended the start date for issuing licenses until January 1, 2005. The state senate is also considering an amendment to the Massage Licensing Act to require applicants to be fingerprinted for criminal background checks. The Massage Licensing Board will operate under the auspices of the Illinois Department of Professional Regulation. More information is available through its Web site, www.idpr.com, or by calling 217-782-8556.

The AMTA Illinois Chapter also has developed an excellent booklet about the licensing process. The chapter provides updates on its Web site at: www.amta-il.org. You can also contact the chapter office at 630-980-4780, to get a copy of the booklet.

Test Statements *continued from page 1*

relate to the mission and goals of the association. Any individual can develop an idea for a proposed position statement. However, a proposed position statement can only be submitted by an AMTA Professional Active member, and only a delegate can submit the proposal for consideration to the House of Delegates. (The HOD is a representative body of the membership.) Approved position statements by the HOD will represent the sense of AMTA membership about an issue. For more information about how to write a position statement, or to obtain the form for submitting a proposal, visit www.amtamassage.org/member/position1.html. (You will need your member ID and password to log in.)

fingerprints

Cross-Country Massage

Every Super Bowl Sunday, millions sit in front of their televisions, chips and drink in hand, to watch the sporting event of the year. But not in Anchorage, Alaska. On that day, more than a thousand women hit the slopes to raise money for abused women, and massage therapists are on hand to share their skills with the skiers.

Each year in Anchorage, massage therapists volunteer their skills to help raise money for abused women.

For the last eight years, volunteers have come out to raise money for Alaska's Abused Women in Crisis' annual, "Ski for Women," the largest women-only ski event in the United States. And for the last three years, massage therapists from Undo Stress; the School of Oriental Medicine Healing Arts; and students from the University of Alaska, Anchorage Massage Therapy Program, as well as others, have volunteered to massage the athletes. Sharon Lidz (AK) is one of the regular volunteers.

"The therapists were glad to help such a worthwhile organization," Lidz says. "And it gives women something to do rather than watch football that day."

After skiing the event for a number of years, Lidz became a massage therapist. Lidz jumped at the chance to help out when massage was organized to be a part of the event.

The event has skiers racing freestyle and classic cross-country with some participants

dressing in costumes. With nearly 1,700 skiers participating in the event, the organization was able to raise approximately $100,000.

Massage Popular At Boston Integrative Cancer Facility

Working with cancer patients is not a path many massage therapists choose to take. But for Maria Barbara "Bambi" Mathay (MA) this path is not only gratifying, but has fulfilled a personal and professional goal—to work in a health-care environment where she can blend conventional and alternative therapies.

She began massaging cancer patients at the Dana-Farber Cancer Institute's Zakim Center for Integrated Therapies in Boston last year. Today, Mathay is fully booked, and while she started out at just 20 hours at the center, she was recently offered 32 hours this summer. She loves every minute of it.

"The patients here always talk about the gift of touch that I give, yet I feel that for me the greatest gift is the knowledge that I have served them today, and that during the encounter, our souls touched," Mathay says.

Photo by Laura Wulf

Bambi Mathay provides massage for cancer patients at a facility in Boston.

The center was established in 2000 with the philosophy to treat the whole person, not just the disease. In addition to massage, the center also offers acupuncture, music therapy, reiki, meditation training, nutritional counseling, and expressive arts therapy.

Mathay says working as a massage therapist is a good fit, as she always wanted to contribute to her clients' quality of life. In fact, she used massage and healing touch techniques to comfort her terminally ill father.

In addition to working at the clinic, she also maintains a private practice, Be Well: A Place for Healing and Wellbeing, in Ipswich, Massachusetts. She wouldn't have it any other way.

"I feel very honored to be in this profession and to be able to share the journey of people living with cancer through healing touch," Mathay says.

quick tips!

Jazzing Up Your Web Site

Now that AMTA offers you the member benefit of creating your own custom Web site through Members Online (see the May/June *Hands On* for complete details), here are some Web site "Do" tips from Vincent Flanders, a Web site design specialist.

• Be clear on your site's mission.

"Web sites perform one of three purposes: to allow someone to buy something, to inform and to entertain," says Flanders. Figure out if your business would benefit from a Web presence, and, if so, what exactly you would like it to accomplish.

• Make it user-friendly.

"If you have to spend 10 minutes to find out that you do Swedish massage, then you've wasted my time," he says. "You need to tell people right away what the site will do for them."

• Keep your customers first in mind.

"People want to know what you do, what you charge, directions, why they should come to you, and what they can expect when they

get there," says Flanders. "You need to tell people what you're going to do for them."

• Proofread.

"Typos can be really embarrassing," he says. "And if you have pictures, make sure they match the text."

Excerpted from "How to Market Yourself," by Clare La Plante, Fall 2003 Massage Therapy Journal. Also visit Flanders' Web site: www.webpagesthatsuck.com.

Surfing New Sections:

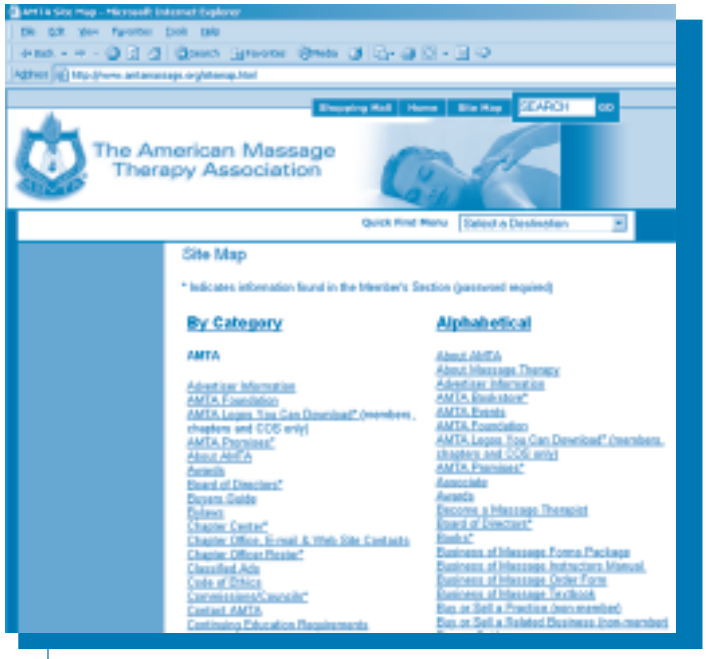
What can you find? How can you find it?

We get a good amount of E-mail messages every month from members looking for information that they feel should be on the Web site. Most of the requests are for information that is already posted on the site. So how can you navigate through close to 6,000 files, with more than 25,000 hyperlinks and 2,700 graphics to find what you are looking for?

The two basic search tools are the search engine and the site map. The search engine provides the opportunity to search by keywords, terminology or actual names of a product, service or person. It is now available at the top of every index page, the home page and every portal and page in the "Member Section."

AMTA's search engine is broad in scope, as it pulls up every page that has a mention of the word you typed into the search engine. The more specific you are, the more accurate the search engine will be.

However, you may find the site map to be a more direct way to find the information you want. Topics are listed by category, alphabetically and link directly to specific pages about that particular topic.



Two basic tools on AMTA's Web site can help you navigate through thousands of pages of information—the search engine and the site map. Using these will make your search more focused.

But, there are tools on the Web site that members can use to search for local information. In the "Consumer Section," there is the "Learn 'n Earn℠" calendar, which lists upcoming continuing education events. Links to chapter offices and Web sites also are available in the "Consumer Section" by clicking on the "About AMTA" link. This same index page offers a link to the "AMTA Events Calendar," which features details about AMTA national events.

The "My Calendar" program in the "Member Section," contains information about chapter events or educational offerings. Use it as a personal calendar, or as an announcement calendar for local chapter meetings and events. Encourage your chapter officers to post chapter information here.

Try out some of these new tools. They will make your searches much easier the next time you are looking for information on AMTA's Web site!

AMTA Strategic Focus — Developing A Government Relations Program

One of the three areas of strategic focus for AMTA in FY04/05 is to develop a comprehensive Government Relations Program. This will be a key element to further AMTA's goals that massage reaches "the point where it is viewed as a routine part of society's health and well-being, and AMTA members are viewed as providers of high quality massage."

At the March 2004 AMTA Board of Directors' meeting, the board reinforced its commitment to this idea when it agreed to develop a cohesive program for how the AMTA Government Relations Program will work. That process is well underway.

As AMTA develops this new program, the association also has strengthened its relationships to stakeholders in the profession who have an interest in massage legislation and government relations. Those relationships were given a boost in April when AMTA, the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), Associated Bodywork & Massage Professionals (ABMP) and American Organization for Bodywork Therapies of Asia® (AOBTA) met for further legislative discussions. One result was a joint press release, announcing their commitments to continue their dialog for the benefit of practitioners and the public.

The group, along with representatives of the Commission on Massage Therapy Accreditation (COMTA), first met for a legislative conversation in August 2003 at the invitation of NCBTMB, and also held a conference call last January. In April, the group identified the following common themes among the purposes and visions for their organizations: ethical practice; promoting a more contemporary vision of what health care represents (prevention-based); increased demand for quality massage therapy and bodywork services; public perception of groups as industry leaders; public education and increased understanding; honoring diversity; and importance of standards of competence.

The group also prioritized their purposes for their ongoing legislative conversation: to develop a forum for representatives to work out diverse viewpoints on legislative issues; to ensure that any state regulation protects the consumer, but is in favor of the practitioner; to create avenues of communication that can be used openly among these organizations; to strengthen the cohesion of touch therapies as

continued on page 7

Strategic Focus *continued from page 6*

a whole, so they are more unified in the face of the medically oriented society in which members must live and work; and to build consensus and coalition about the future of the profession in order to move it forward.

Much of the discussion focused on massage education standards, including the issues of competency versus completion of a set number of education hours as regulatory standards.

Representatives of the five organizations plan to meet again in September. They are inviting the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) to become part of their core group discussions, and will invite several other accrediting organizations to make presentations about their agencies, in writing or in person, for that meeting.

The Federation, which consists of representatives from AMTA, the American Organization for Bodywork Therapies of Asia, the American Polarity Therapy Association, the American Society for the Alexander Technique, the Feldenkrais Guild®, the International Somatic Movement Education and Therapy Association®, the Rolf Institute® and the US Trager® Association, met in April. (See article, page 3.) Its Joint Government Relations effort is exploring exemption language for a regulatory model code. This suggested language will limit who is regulated under massage laws. The Federation works together as a place to build community and communication among nonprofit membership organizations representing massage, bodywork or somatic practices that allows the organizations to be ready to respond to issues that affect their values.

AMTA Membership Classification Restructure

The AMTA Board of Directors has decided to streamline AMTA membership classifications beginning later this year. The new membership classifications will especially help new massage therapists take advantage of more member benefits earlier. The September/October issue of *Hands On* will provide the details.

foundation bulletin

Foundation Calls For Posters To Present At National Convention

In the massage therapy profession, research is an important link to upholding quality and maintaining credibility. The AMTA Foundation invites researchers to share their recent findings with massage therapists at poster sessions during the AMTA National Convention in Nashville, Tennessee, October 6–9.

The poster sessions, offered annually at the convention by the foundation, serve the massage community by sharing with attendees important, and scientifically significant research. As one of the leading supporters of massage therapy research, the foundation desires to help the profession demonstrate the efficacy of massage therapy and to make research accessible to everyone.

The deadline for submitting abstracts is July 1, 2004. The official call for abstracts is located on our Web site at: www.amtafoundation.org.

Continuing Education And Activities

Research

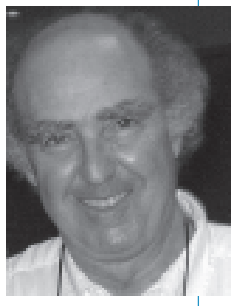
- AMTA Foundation: Current Massage Therapy Research Findings and Their Effect on the Profession
- AMTA Foundation Poster Session
- AMTA Foundation Massage Therapy Research Database Presentation

Specialty Training

- AMTA Foundation Grant Writing Workshop

Post Convention Workshop—A Foundation Benefit With Leon Chaitow, ND, DO

- Fibromyalgia Syndrome: Bodywork and Complementary Strategies for its Management



For more information on the foundation's poster sessions or its continuing education sessions at the National Convention, please contact Alison Pittas at: *apittas@amtafoundation.org* or visit the foundation's Web site, www.amtafoundation.org.

Excellence in Education: Many Perspectives, One Common Goal

Massage school owners and administrators can start planning now to have their voice heard to help shape the future of massage therapy education at the 2005 AMTA Council of Schools (COS) Leadership Conference and Annual Meeting. It will be held at the Sutton Place Hotel in Newport Beach, California, from January 20-22.

The conference includes exhibits, massages and opportunities to network with peers. Continuing education courses also will be offered on topics such as, "Developing an Active Alumni Program;" "Management and Leadership Tools and Strategies;" "Managing Your Massage School in an Evolving Market;" and "Marketing Your School, Programs, Services and Graduates." The keynote address will be about organizational leadership and standards of excellence in education, delivered by George Kousaleos (FL), owner and founder of the CORE Institute.

The Commission on Massage Therapy Accreditation (COMTA) will offer a workshop for massage schools or programs seeking COMTA accreditation or re-accreditation.

Registration materials will be available late summer/early fall. School members will automatically receive registration materials. For more information, call 847-864-0123, ext. 150, or visit www.amtamassage.org.

Calendar

2004

July 8-11
AMTA Chapter Volunteer Orientation
Evanston, Illinois
Contact: 847-864-0123, ext. 128

August 12-15
AMTA COS Teachers Conference
Denver, Colorado
Contact: 847-864-0123, ext. 143

October 3-5
AMTA Board of Directors Business Meeting
Nashville, Tennessee
Contact: 847-864-0123, ext. 157

October 6-9
AMTA 2004 National Convention
Nashville, Tennessee
Registration: 847-864-0123, ext. 143
Exhibitors: 847-864-0123, ext. 113

October 24-30
National Massage Therapy Awareness Week
Contact: 847-864-0123, ext. 133

Education Events

First-Class Education To Be Offered In Nashville

Whether you're just starting out in the field of massage therapy or you're a seasoned veteran, there are classes especially designed for your level of expertise at the 2004 AMTA National Convention, which will be held in Nashville, Tennessee, from October 6–9.

AMTA has rounded up some of the best and brightest educators in the industry to lead you through in-depth demonstrations of techniques and lively discussions of issues you face as a massage therapist.

Are the aches and pains from doing massage starting to catch up with you? Judith Prager's (MA) class on "Body/Mind Exercises to Release Neck, Shoulder, Face & Jaw Tension" may be just be what you need. (See sidebar for a full list of classes.) At this year's convention, you'll leave with valuable, real-world skills and up to 16 contact hours of continuing education.

Another reason why members attend convention is the products and services in the Exhibits Marketplace that they can add to their repertoire. Convention goers agree that the Exhibits Marketplace is *the* place to stock up on their favorites and learn what's new. Don't miss this once-a-year chance to shop at the longest running trade show in massage.

Register Now And Save

Naturally, you'll want to take advantage of this city's world-class entertainment, including the Grand Ol' Opry. Early registration is now available to all AMTA members at the full convention rate of $349. Hurry, because after August 20, rates jump to $409. That's a savings of $60! Plus, many classes do sell out, so the sooner you register, the more likely you are to get into all the classes you want.

We make it easy to register! Simply go online to www.amtamassage.org. Then click on the link to the 2004 AMTA National Convention. More information and a registration form are available. The brochure contains information on social events and Nashville's world-class nightlife.

You can also register or request a convention brochure by calling Heather Stearns at 847-864-0123, ext. 143.

Keynote Address
The Will to Live & Other Mysteries – *Rachel Naomi Remen*

Continuing Education
Being Present with Your Client – *Jack Blackburn (WA)*
The Ethics of Touch – *Ben Benjamin (MA)*
Sounding the Liquid Body – *Mary Capone and Vickie Dodd*
Dissection of the Forearm, Wrist & Hand – *David Kent (FL)*
Clinical Flexibility & Therapeutic Exercise – *Tim Agnew*
Treating TMJ – *Elaine Calenda (CO)*
Harmonizing Our Body's Song – *Judith Prager (MA)*
Achieving Balanced Breathing – *Leon Chaitow*
The Business of Massage – *Pete Whitridge (FL)*
Fijian Massage – *Lolita Knight*
10-minute Sequence of Russian Method of Seated Massage – *Lee Chaffee (NH)*
Treating Frozen Shoulder Syndrome – *Elaine Calenda*
Painting With Love – *LaDonna Smith (Canada)*
Managed Care – Is It For Me? – *W. Randy Snyder (CA)*
Introduction to Trager® – *Jack Blackburn*
Headaches: Types, Triggers & Treatment – *David Kent*
Massage for People with Special Needs – *Michael Regina-Whiteley (ME)*
Body/Mind Exercises to Release Neck, Shoulder, Face & Jaw Tension – *Judith Prager*

Post-Convention Workshop – An AMTA Foundation Benefit
Fibromyalgia Syndrome: Bodywork & Complementary Strategies for its Management – *Leon Chaitow*

Upcoming Deadlines

Sept. 1, 2004 — *Nov./Dec. 2004 Issue*
Nov. 1, 2004 — *Jan./Feb. 2005 Issue*

Hands On welcomes contributions from all AMTA members. All submissions must include a legible signature and phone number, and may be edited for space and clarification. *Hands On* does not accept advertisements. Address all correspondence to:

EDITOR: *Hands On*, 820 Davis Street, Suite 100, Evanston, Illinois 60201-4464
Phone: 847-864-0123, ext. 144 • Fax: 847-864-1178
mschwanz@amtamassage.org

00576 *49M0604*

Hands On
The Newsletter of the American Massage Therapy Association
820 Davis Street, Suite 100 - Evanston, Illinois 60201-4464

Printed on recycled paper